

IN THE CLAIMS

Please amend the existing claims as follows:

1. (once amended) A method for helping a tobacco smoker to stop smoking, said method comprising the steps of:

5 (A) providing to a tobacco smoker a non-conditioning educational program to educate said tobacco smoker's conscious mind, said educational program including education both on the disadvantages of smoking and on conscious techniques to stop smoking,
10 (B) providing to said tobacco smoker at least one hypnosis program to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

15 (C) providing to said tobacco smoker an anti-smoking substance selected from the group consisting of: lobelia and an equivalent of lobelia; said anti-smoking substance provided in an amount effective to aid in the reduction or cessation of said tobacco smoker's craving to smoke tobacco,

such that said tobacco smoker can be helped to stop smoking.

3. (once amended) A product to aid a tobacco smoker in ceasing to smoke tobacco, said product comprising:

20 (A) means for educating said tobacco smoker's conscious mind, said educational program including non-conditioning education both on the disadvantages of smoking and on conscious techniques to stop smoking,

25 (B) means for hypnosis to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

 (C) an anti-smoking substance selected from the group consisting of: lobelia and an equivalent of lobelia; said anti-smoking substance provided in an amount effective to aid in the reduction or cessation of said tobacco smoker's craving to smoke tobacco.

Please add the following dependent claims:

9. (new) The method of claim 6, wherein said stimulant comprises ephedrine.

10. (new) The method of claim 9, wherein said ephedrine comprises mahuang.

11. (new) The method of claim 6, wherein said stimulant comprises caffeine.
12. (new) The product of claim 8, wherein said stimulant comprises ephedrine.
13. (new) The product of claim 12, wherein said ephedrine comprises mahuang.
14. (new) The method of claim 2, wherein said anti-smoking substance is an equivalent of lobelia.
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15. (new) The method of claim 2, wherein said anti-smoking substance comprises at least one compound selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
16. (new) The method of claim 15, wherein said anti-smoking substance comprises at least two compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
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17. (new) The method of claim 15, wherein said anti-smoking substance comprises at least three compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
18. (new) The method of claim 15, wherein said anti-smoking substance comprises at least four compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
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19. (new) The method of claim 15, wherein said anti-smoking substance comprises at least five compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
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20. (new) The method of claim 15, wherein said anti-smoking substance comprises lobelia and wood betony and gotu kola and kava kava and valerian and passionflower.
21. (new) The method of claim 16, wherein said at least two compounds are present in amounts synergistically effective compared to any one of said compounds present alone.
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22. (new) The method of claim 14, said anti-smoking substance mixed with at least one botanical selected from the group consisting of: ginseng root; peppermint leaf; ginger root; and licorice root.
23. (new) The method of claim 22, said botanical comprising ginseng root and peppermint leaf and ginger root and licorice root.

24. (new) The method of claim 23, said anti-smoking substance comprising passionflower.
25. (new) The method of claim 5, wherein said weight control product consists of at least one compound selected from the group consisting of: a stimulant; inositol; vanadium; gynema sylvestre; and chromium.
- 5 26. (new) The method of claim 25, wherein said weight control product comprises a stimulant and inositol and vanadium and gynema sylvestre and chromium.
27. (new) The method of claim 25, wherein said weight control product comprises vanadium and chromium.
28. (new) The method of claim 27, said vanadium and chromium mixed with ginseng root and licorice root.
- 10 29. (new) The method of claim 28, said weight control product comprising vanadium and chromium and gynema sylvestre mixed with ginseng root and licorice root.
30. (new) The product of claim 4, wherein said anti-smoking substance is an equivalent of lobelia.
- 15 31. (new) The product of claim 4, wherein said anti-smoking substance comprises at least one compound selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
32. (new) The product of claim 31, wherein said anti-smoking substance comprises at least two compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
- 20 33. (new) The product of claim 31, wherein said anti-smoking substance comprises at least three compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
34. (new) The product of claim 31, wherein said anti-smoking substance comprises at least four compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.
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35. (new) The product of claim 31, wherein said anti-smoking substance comprises at least five compounds selected from the group consisting of: lobelia; wood betony; gotu kola; kava kava; valerian; and passionflower.

5 36. (new) The product of claim 31, wherein said anti-smoking substance comprises lobelia and wood betony and gotu kola and kava kava and valerian and passionflower.

37. (new) The product of claim 32, wherein said at least two compounds are present in amounts synergistically effective compared to any one of said compounds present alone.

10 38. (new) The product of claim 30, said anti-smoking substance mixed with at least one botanical selected from the group consisting of: ginseng root; peppermint leaf; ginger root; and licorice root.

39. (new) The product of claim 38, said botanical comprising ginseng root and peppermint leaf and ginger root and licorice root.

40. (new) The product of claim 39, said anti-smoking substance comprising passionflower.

15 41. (new) The product of claim 7, wherein said weight control product consists of at least one compound selected from the group consisting of: a stimulant; inositol; vanadium; gynema sylvestre; and chromium.

42. (new) The product of claim 41, wherein said weight control product comprises a stimulant and inositol and vanadium and gynema sylvestre and chromium.

20 43. (new) The product of claim 41, wherein said weight control product comprises vanadium and chromium.

44. (new) The product of claim 43, said vanadium and chromium mixed with ginseng root and licorice root.

45. (new) The product of claim 44, said weight control product comprising vanadium and chromium and gynema sylvestre mixed with ginseng root and licorice root.